

December 2009 Newsletter

THIS MONTH ENJOY CELEBRATIONS



Enjoy the little moments this holiday with family and friends. Enjoy decorating, wrapping, giving and receiving, baking or simply having time to enjoy celebrations. Thank you to our children for teaching us the true magic of this holiday season.

Happy Holidays,

Sean & Amy Zister

Seven Shores Urban Market and Café
8 Regina St. N – Unit 5, Waterloo, ON.

www.sevenshorestading.com

519-342-0916

Seven Shores has been recently nominated by the Chamber of Commerce “**Business of the Year (employees under 20) 2010**”.

Thank you to everyone for all your support this year in making a difference☺.

HOW TO BUILD UP YOUR IMMUNITY

Kristijana Rakic a Naturopath from Waterloo spoke in the cafe on Ways To Build Your Energy and Immunity during this Cold and Flu Season!

Drink Lots of Water; Exercise; Eat a Good Breakfast and Eat Frequently Throughout the Day; Sleep (8hrs); Avoid Sugar; Wash Hands and Reduce Stress – as 90% of illness/disease is a direct result!

To know more visit www.vibrant-living.ca

Uptown Waterloo Events For Everyone to Enjoy!

- Free Horse Drawn Trolley Rides
- Victorian Carollers will Stroll Uptown
- Opening of the Public Square Rink
- Olympic Torch Relay
- Festival of Lights at Waterloo Park (our favourite)

To get further information or see more events visit <http://www.uptownwaterloobia.com>

Seven Shores Holiday Hours

Thursday December 24th 9:00-2:00

Friday December 25th and Saturday 26th Closed

Thursday December 31st 9:00-2:00

Friday January 1st Closed

Food box pick ups for those two weeks will be Wednesday December 23rd and 30th.



**HALF PRICE COFFEE or TEA
Until December 10th, 2009
with a Food Bank item**

Seven Shores and RQ magazine are collecting items for the Food Bank of Waterloo Region until December 10th.

Most needed items include peanut butter, rice, canned meat and fish, beans in sauce and canned fruit.



**Thank You For Those Who Attended The
Event on Saturday Nov.28th**

Stop by RQmagazine.com to find out more details, or call Hilary at 519.404.6313.

"Procession of the Species Parade".

Join The Button Factory aka The Waterloo Community Arts Centre (WCAC) for a brain storming session for the upcoming "Procession of the Species Parade" on Wednesday December 9th at 6:30pm. 25 Regina Street S. Waterloo N2J 1R8

The Procession of the Species parade is a community outreach project that will take place Saturday April 24th 2010 in celebration of Earth Day (April 22nd). The parade involves making/presenting costumes of different species or natural elements often made from garbage and recycled materials.

RSVP to ensure there is enough space and food. Please check out other creations from communities around the world www.procession.org

Women's Crisis Services of Waterloo Region

Rebuild Anselma House.... Rebuild Lives Cookbook

All proceeds in support of Rebuild Anselma House Cookbook cost: \$20.00

To order your cookbook contact:

Margaret.Attwell@wcswr.org

Delivery of 10 books or more.

Plan Your Holidays with Seven Shores While Making a Difference.

Organic Food Box

While preparing some of the holiday meals incorporate some of our produce from the Organic Food Box. You know you are making a healthy choice while supporting our local farmers. To order a food box, please send us an email for more information.

Provide Catering

We can cater an event up to 100 people along with great appetizers that will impress your guests / colleagues. Visit our website or email for catering menu.

Gift Baskets

Looking for unique gifts that are fair trade items and/or supporting local businesses for a family member, friend, co-worker or teacher. We have great gift baskets available to pre-order online or in store.

Gift Certificates

Great for anyone - to be used on the cafe menu, market or food boxes. Any domination is available with no expirations.

Take a Shopping Break

When shopping in uptown Waterloo bring in a receipt from any store you made a purchase to Seven Shores and receive a half price coffee or tea. Relax and Rejuvenate with us.

JUST ARRIVED - LOCAL MARKET GOODS PERFECT FOR ENTERTAINING

- **Hergotts** Pure Honey; Cinnamon Honey, Apple Butters, Pear Butters.
- **Brubachers** Spicy Preserves (Cherry, Peach and Grape) Regular Preserves (Blueberry, Strawberry, Raspberry)
- **Barrie Bros.** Local Crackers; Butternut Squash or Asparagus Soup Base
- **Whole Bean** – Organic Fair Trade Coffee in 8oz and 12oz Packages

Sign up for our weekly Organic food box program www.sevenshorestrading.com



ABOUT HONEY

FACTS ABOUT HONEY BEES

- The honeybee is not born knowing how to make honey; the younger bees are taught by the more experienced ones.
- A honeybee visits between 50 and 100 flowers during one collection flight from the hive.
- In order to produce 1 pound of honey, 2 million flowers must be visited.
- An average worker bee makes only about 1/12 teaspoon of honey in its lifetime.
- At the peak of the honey-gathering season, a strong, healthy hive will have a population of approximately 50,000 bees.
- It would take approximately 1 ounce of honey to fuel a bee's flight around the world.



Amazing Facts...About Honey and Your Health

- Honey contains vitamins and antioxidants, but is fat free, cholesterol free and sodium free!
- Honey is the only food that includes all substances necessary to sustain life, including water.
- Honey has the ability to attract and absorb moisture; remarkably soothing for minor burns and helps to prevent scarring.
- Honey speeds the healing of open wounds and also combats infection. As recently as the First World War, honey was mixed with cod liver oil to dress wounds.
- Modern science now acknowledges honey as an anti-microbial agent, which means it deters the growth of certain types of bacteria, yeast and molds.
- According to Dr. Paul Gold, a Professor of Psychology at the University of Virginia, "people remember things much better after they've consumed glucose, a form of sugar found in honey."
- Honey is nature's energy booster! It provides a concentrated energy source that helps prevent fatigue and can boost athletic performance.
- Recent studies have proven that athletes who took some honey before and after competing recovered more quickly than those who did not.
- Honey supplies 2 stages of energy. The glucose in honey is absorbed by the body quickly and gives an immediate energy boost. The fructose is absorbed more slowly providing sustained energy.

Recipe

Almond Honey Buns

www.canadianliving.com



Almond Honey Buns
Photography by Yvonne Duivenvoorden

Enjoy these fragrant, sticky sweet rolls full of nuts and spice as a treat with coffee or tea or to grace a holiday brunch table. Servings: 12 buns

Ingredients:

1 tsp (5 mL) granulated sugar
1-1/2 tsp (7 mL) active dry yeast
3/4 cup (175 mL) milk
1/4 cup (50 mL) liquid honey
2 tbsp (25 mL) almond oil or other nut or vegetable oil
1 egg
2 egg yolks
2 tsp (10 mL) finely grated orange rind
4 cups (1 L) all-purpose flour (approx)
1/2 cup (125 mL) whole wheat flour
1 tsp (5 mL) salt

Filling:

1-1/2 cups (375 mL) whole unblanched almonds
1/2 cup (125 mL) packed dark brown sugar
1/4 cup (75 mL) chilled butter, cubed
1-1/4 tsp (6 mL) ground cardamom
1/2 tsp (2 mL) cinnamon
Pinch salt
1/2 cup (125 mL) liquid honey

Glaze:

1/4 cup (50 mL) liquid honey

Preparation:

In stand mixer, dissolve sugar in 1/4 cup (50 mL) warm water. Sprinkle with yeast; let stand until frothy, about 10 minutes.

Beat in milk, honey, oil, egg, egg yolks and orange rind. Beat in 1 cup (250 mL) of the all-purpose flour, whole wheat flour and salt. With dough hook, stir in enough of remaining flour, 1/2 cup (125 mL) at a time, to make fairly stiff dough.

Turn out onto lightly floured surface. Knead until smooth and elastic, about 5 minutes, adding more flour as necessary. Form into ball. Place in greased bowl, turning to coat; cover with plastic wrap and let rise in warm place until doubled in bulk, about 1-1/2 hours.

Punch down dough; turn out onto lightly floured surface and knead a few turns. Roll out dough into 16- x 12-inch (40 x 30 cm) rectangle.

Filling: In food processor, finely chop together almonds, sugar, butter, cardamom, cinnamon and salt ; sprinkle over dough, leaving 1-inch (2.5 cm) border on long sides.

Drizzle honey over filling. Starting at long side, roll up tightly, pinching seam to seal. With serrated knife, cut into 12 slices. Arrange, cut side up, in greased 13- x 9-inch (3.5 L) metal cake pan. Cover with plastic wrap; let rise until doubled in bulk, 45 to 60 minutes.

Bake 350°F (180°C) convection oven or 375°F (190°C) conventional oven until golden and firm to the touch, 22 to 25 minutes.

Let cool in pan on rack for 3 minutes. Invert onto serving plate, scraping any filling in pan over buns.

Glaze: Brush honey over warm buns. Let cool